<u>AMENDMENTS TO THE CLAIMS</u>

This listing of claims will replace all prior versions and listings of claims in the application:

Listing of Claims:

- 1. (currently amended) An insulated pouch comprising:
 - (a) a sealed flexible bag comprising a food product, the flexible bag not being permeable to water and having an opening means suitable to generate an access opening large enough to enable a consumer to consume food product directly from the insulated pouch;
 - wherein said sealed flexible bag further comprises an oxygen barrier comprising polyvinylidene chloride, ethylene vinyl alcohol or both; and
 - (b) an insulating layer covering at least a portion of the sealed flexible bag; wherein said insulating layer covers at least a portion of both sides of the flexible bag and is positioned from about 0.5 to about 3.0 cm above the base of the insulated pouch;
 - wherein the insulating layer covers at least about 50% of the flexible bag; wherein the insulating layer further comprises an attaching means for attaching an eating utensil;

wherein the insulated pouch can be heated in a microwave oven and held by a consumer after heating; and

wherein the insulated pouch has a base suitable to enable the insulated pouch to stand.

2. (original) The insulated pouch according to claim 1 wherein the food product comprises soup, pasta, meat, rice, potato, cheese, vegetable or a combination thereof.

- 3. (original)The insulated pouch according to claim 1 wherein the sealed flexible bag comprises polyolefin, polypropylene, polyethylene, polyester, polyimide, polyamide, blends thereof or copolymers thereof.
- 4. (canceled)
- 5. (original) The insulated pouch according to claim 1 wherein the insulating layer comprises paperboard, polyester or polypropylene.
- 6. (canceled)
- 7. (original) The insulated pouch according to claim 1 wherein the insulating layer covers from about 65% to about 85% of the flexible bag.
- 8. (original) The insulated pouch according to claim 1 wherein the insulating layer comprises advertising material selected from the group consisting of a company name, product logo, marketing slogan and cooking instructions.
- 9. (original) The insulated pouch according to claim 1 wherein the opening means is positioned towards a top portion of the insulated pouch.
- 10. (original) The insulated pouch according to claim 9 wherein the opening means can be pulled, cut or torn in order to generate the access opening.
- 11-12. (canceled)
- 13. (original) The insulated pouch according to claim 1 wherein above the opening means is a top section that is suitable for tearing.

- 14. (original) The insulated pouch according to claim 13 wherein the top section comprises an orifice to hang the insulated pouch.
- 15. (canceled)
- 16. (withdrawn) A method for consuming a food product comprising the steps of:
 - a) placing an insulated pouch in a microwave oven for a predetermined time to heat the food product;
 - b) removing the insulated pouch from the microwave oven; and
 - c) opening the insulated pouch and consuming the food product directly therefrom wherein the insulated pouch comprises:
- (i) a sealed flexible bag comprising the food product, the flexible bag not being permeable to water and having an opening means suitable to generate an access opening large enough to enable a consumer to consume the food product directly from the insulated pouch; and
- (ii) an insulating layer covering at least a portion of the sealed flexible bag,

further wherein the insulated pouch is suitable to be held directly in a hand of the consumer during food product consumption.

- 17. (withdrawn) The method of consuming a food product according to claim 16 wherein the insulating layer covers at least about 50% of the flexible bag.
- 18. (withdrawn) The method of consuming a food product according to claim 16 wherein the food product comprises soup, pasta, meat, rice, potato, cheese, vegetable or a combination thereof.
- 19. (withdrawn) The method of consuming a food product according to claim 16 wherein the insulating layer further comprises an attaching means for attaching an eating utensil.